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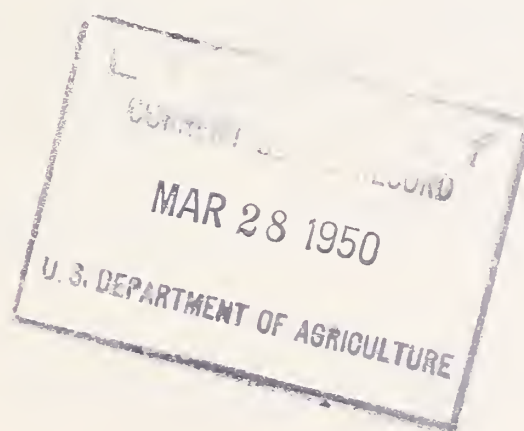
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School Lunch

Recipes . . .

using Cheese



UNITED STATES DEPARTMENT OF AGRICULTURE

Washington, D.C.

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Bureau of Human Nutrition and Home Economics
in cooperation with
Production and Marketing Administration
U. S. Department of Agriculture

SCHOOL LUNCH RECIPES USING CHEESE

Cheese in the school lunch makes satisfying main dishes, adds appetite appeal to vegetables and salads, gives new flavor to such stand-bys as breads and biscuits.

In nutritive value, cheese is especially important for its high-quality protein. It is also a good source of some of the other nutrients, particularly calcium and riboflavin, and is high in energy value.

In this pamphlet are 14 cheese recipes, together with general information about using cheese. Since a number of the recipes suggest the use of nonfat dry milk and dried whole eggs, directions for cooking with these products are included also.

The main-dish and one of the salad recipes meet the protein requirements for type-A meals set up by the Production and Marketing Administration--that is, each portion furnishes at least 2 ounces of protein-rich food other than milk.

The recipes are so arranged that they can be cut apart and mounted on cards for filing in a card file. The general information can also be cut in sections and mounted for filing.

When You Cook With Cheese

Use low heat when you cook with cheese. If cooked too quickly, cheese may get tough and stringy. Speed the melting of cheese by cutting it into small pieces or putting it through a food grinder.

When part of a whole cheese or part of a package has been used, store the rest tightly wrapped in paper or clean cloth. Keeping cheese cold retards the growth of mold. If cheese does mold, scrape off the mold and use the rest--mold on the surface does not mean that the whole piece has spoiled.

Use every little bit of cheese. Dry pieces may be grated and added to salads, salad dressings, or vegetables, or sprinkled over fruits such as pear halves or pineapple slices.

When You Cook With Dried Whole Eggs

Dried whole eggs are eggs that have been broken out of the shell and have then had most of the water removed. When using dried egg powder in cooking, you need to add water approximately equal in quantity to that taken away during drying.

Two tablespoons of firmly packed dried egg powder and 2-1/2 tablespoons of water equal 1 whole egg. One standard measuring cup of firmly packed dried egg powder and 1-1/4 cups of water equal 8 eggs. These equivalents are based on medium-sized eggs weighing on the average 22-1/2 ounces per dozen. In the recipes in this publication that specify dried eggs, allowance has been made for the water needed.

In most recipes it is best to reconstitute the dried egg--that is, mix it with the water--before using. To reconstitute, add half the water to the dried egg and beat until smooth. Add the rest of the water and beat well. If the dried egg is lumpy, sifting it before adding the water will give a smoother product. Mix only the quantity of dried egg needed for the recipe being prepared, as the reconstituted egg will not keep.

When making quick breads and cookies, sift the dried egg with the other dry ingredients. Then add the water needed to reconstitute the dried egg with the other liquids in the recipe.

In whatever way you use dried egg, cook with low to moderate heat and avoid overcooking. Use dried egg only in recipes that require cooking, not in egg-milk drinks, mayonnaise, and other uncooked mixtures.

Keep unopened cans of dried eggs in a refrigerator or in a storeroom where the temperature is not over 55° F. Once the cans have been opened, cover tightly and store in refrigerator, or in some other cold, dry place. Use as promptly as possible. Dried eggs will absorb moisture and odors if not tightly covered.

When You Cook With Nonfat Dry Milk

The product resulting when the fat and water are removed from milk is known as nonfat dry milk. Nonfat dry milk contains about the same nutrients as skim milk.

In recipes, nonfat dry milk may be substituted for fluid milk by using the proportions 4 ounces (1 cup) dry milk to 1 quart water. (These quantities make about 1 quart of fluid milk.) In the recipes developed especially for this product, a higher nutritive value has been obtained by using a higher proportion of nonfat dry milk. (See School Lunch Recipes Using Nonfat Dry Milk, PA-44.)

Nonfat dry milk is convenient to use. It may be mixed with the other dry ingredients for products like biscuits, muffins, cakes, and sauces. For use as a beverage or in such dishes as soups, gravies, and custards, the dry milk may first be reconstituted--that is, made into a liquid by mixing with water.

To reconstitute dry milk, sprinkle the powder on lukewarm water in the required proportions. Beat until smooth with a rotary or power beater or a french whip. This method keeps the powder from lumping and sticking to the mixing bowl. Never add dry milk to a boiling mixture.

Reconstituted dry milk scorches quickly. When heating it, use a double boiler or keep the heat low.

Unopened packages of dry milk may be kept at room temperature, not over 75° F. Keep left-over milk powder in tightly covered containers in the refrigerator. If exposed to the air, dry milk absorbs moisture, becomes lumpy, and changes in flavor.

CHEESEBURGER SANDWICH

Main Dishes

100 portions	Ingredients	portions	Cost
1 pound (1 quart firm-packed)	Dried whole egg mixed with		
1-1/4 quarts	Water		
3 cups	Finely chopped or ground onion		
2 cups	Finely chopped or ground green pepper		
2 cups	Finely chopped or ground celery		
2-1/2 cups	Tomato catsup		
1-1/3 tablespoons	Salt		
9 pounds	Cheese, grated		
8-1/4 dozen	Buns, split and warmed or toasted		

Portion: 1/4 cup. Provides
2 ounces protein-rich food.

Total cost _____

Cost per portion _____

1. Add 2-1/2 cups of the water to dried egg and beat until smooth. Add the remaining 2-1/2 cups water and beat well.
2. Add vegetables, tomato catsup, and salt to the egg. Cook over boiling water about 15 minutes, stirring constantly. Remove from heat.
3. Blend in the cheese.
4. Use a No. 16 scoop (1/4 cup) to measure portions. Serve on bun.

CHEESE FONDUE

Main Dishes

100 portions	Ingredients	portions	Cost
1-1/2 pounds (1-1/2 quarts)	Nonfat dry milk mixed with		
1-1/2 gallons	Water*		
1-1/8 pounds (4-1/2 cups firm-packed)	Dried whole egg mixed with		
1-1/2 quarts	Water		
2 tablespoons	Salt		
1/4 cup	Minced onion		
1-1/2 gallons	Bread cubes		
8 pounds	Cheese, grated or ground		

Portion: 1/2 cup. Provides
2 ounces protein-rich food.

Total cost _____

Cost per portion _____

1. Heat blended dry milk and water over hot water.
2. Add 3 cups of the water to dried egg; beat until smooth. Add remaining 3 cups water and beat well. Add the salt and onion.
3. Place bread cubes in four greased baking pans (12 by 16 inches).
4. Blend the cheese into the hot milk, and cool slightly. Add to egg mixture, stirring constantly. Pour over the bread cubes.
5. Place baking pans in pans of hot water. Bake in a moderate oven (350°F.) about 1 hour or until set.

*1-1/2 gallons fluid milk may be used to replace the dry milk and water.

CORN FONDUE

Main Dishes

100 portions	Ingredients	portions	Cost
10 ounces (2-1/2 cups) 2-1/2 quarts	Nonfat dry milk mixed with Water*		
2-1/8 pounds (8-1/2 cups firm-packed) 2-1/2 quarts	Dried whole egg mixed with Water		
2 quarts	Bread cubes		
3/4 cup	Minced onion		
1 cup	Chopped green pepper		
4 pounds	Cheese, grated or ground		
2 gallons	Cream-style corn		
1/2 cup	Salt		

Portion: 3/4 cup. Provides
2 ounces protein-rich food,
1/3 cup vegetable.

Total cost _____

Cost per portion _____

1. Heat blended dry milk and water over hot water.
2. Add 5 cups of the water to the dried egg; beat until smooth. Add the remaining 5 cups water and beat well. Add the other ingredients to the egg, stirring in the hot milk last.
3. Pour into four greased baking pans (12 by 16 inches) and set in pans of hot water.
4. Bake in a moderate oven (350°F.) about 1-1/4 hours or until set.

*2-1/2 quarts fluid milk may be used to replace the dry milk and water.

FISH SHORTCAKE

Main Dishes

100 portions	Ingredients	portions	Cost
11 14-ounce cans	Flaked cod or pollock*		
3/4 pound (2 cups)	Chopped onion		
12 ounces (1-1/2 cups)	Fat		
1-1/4 pounds (1-1/4 quarts)	Sifted flour		
1-3/4 pounds (1-3/4 quarts)	Nonfat dry milk**		
1-3/4 gallons	Water		
1-1/2 pounds	Cheese, grated		
	Salt, as needed		
1 dozen	Hard-cooked eggs, sliced		

Portion: 1/2 cup. Provides
2 ounces protein-rich food.

Total cost _____

Cost per portion _____

1. Separate fish into small flakes.
2. Make sauce: Cook onion in fat until tender. Blend flour and dry milk, sprinkle over the water, beat until smooth. Add fat and onion mixture. Cook over hot water until thickened, stirring constantly. Blend in cheese.
3. Add the fish flakes to the sauce. Add salt, if needed. Heat before serving.
4. Serve on split biscuit, toasted bun, or corn bread. Garnish with a slice of egg, and if desired a sprig of parsley.

*10 pounds (about 1-1/2 gallons) of other cooked or canned fish flakes may be used.

**1-3/4 gallons fluid milk may be used instead of nonfat dry milk and water. Make a paste of flour and part of fluid milk; blend into remaining milk. Proceed as in step 2.

The first part of the paper discusses the importance of maintaining accurate records of all transactions. It is essential for the company to have a clear and concise system in place to ensure that all data is properly recorded and stored. This will allow for easy access and retrieval of information when needed.

The second part of the paper focuses on the importance of regular communication and collaboration between all team members. It is crucial for everyone to stay informed and up-to-date on the latest developments and changes within the organization. This will help to ensure that everyone is working towards the same goals and objectives.

The third part of the paper discusses the importance of maintaining a high level of security and confidentiality for all company data. It is essential to implement strong security measures to protect sensitive information from unauthorized access and theft. This will help to ensure that the company's reputation and financial stability are not compromised.

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GROUND BEEF AND SPAGHETTI

Main Dishes

100 portions	Ingredients	__ portions	Cost
3 pounds	Spaghetti, dry		
11 pounds	Ground beef		
3 pounds (2-1/4 quarts)	Finely chopped onion		
9-1/2 pounds (1 gallon)	Tomato paste		
1 gallon	Water		
1-1/2 pounds	Cheese, finely grated		
6 ounces (3/4 cup)	Salt		

Portion: 3/4 cup provides
2 ounces protein-rich food,
about 1/3 cup vegetable.

Total cost _____

Cost per portion _____

1. Cook spaghetti in boiling salted water (2 gallons water and 2 tablespoons salt) until tender - about 15 minutes. Drain.

2. Cook beef and onion until onion is tender, stirring often.

3. Combine tomato paste and water.

4. Blend cheese into the cooked meat mixture. Then add diluted tomato paste, salt, and spaghetti. Mix well.

5. Place mixture in three baking pans (12 by 16 inches). Bake in a moderate oven (350°F.) 30 minutes.

MACARONI, CHEESE, AND EGGS

Main Dishes

100 portions	Ingredients	__ portions	Cost
1-1/4 pounds (about 1-1/2 quarts)	Macaroni, dry		
4 pounds	Cheese, grated or ground		
1-1/2 gallons	White sauce, medium		
68	Eggs, hard-cooked, sliced		
1-1/2 quarts	Bread crumbs, soft		
1 cup	Fat, melted		

Portion: 2/3 cup. Provides
2 ounces protein-rich food.

Total cost _____

Cost per portion _____

1. Cook macaroni until tender in boiling salted water (1-1/2 gallons water and 2 tablespoons salt). Drain.

2. Add cheese to hot white sauce and stir until melted.

3. Place macaroni in four greased baking pans (12 by 16 inches). Cover with eggs.

4. Pour cheese sauce over macaroni and eggs.

5. Toss crumbs in melted fat until well coated. Sprinkle over tops of filled pans.

6. Brown in moderate oven (350° F.) about 30 minutes.

MACARONI-CHEESE LOAF

Main Dishes

100 portions	Ingredients	portions	Cost
1-3/4 pounds	Macaroni, dry		
1-1/8 pounds (4-1/2 cups firm-packed)	Dried whole egg mixed with Water		
1-1/8 pounds (4-1/2 cups)	Nonfat dry milk mixed with Water*		
4-1/2 quarts			
1/2 pound	Green peppers		
8 pounds	Cheese		
1/4 cup	Finely chopped onion		
3 tablespoons	Salt		
1-1/2 cups	Chopped parsley		
1-1/2 gallons	Medium white sauce (see School Lunch Recipes for 100, card No. H-3).		

Portion: 1 slice 2 by 3 by 1-1/4 inches; 1/4 cup sauce.
Provides 2 ounces protein-rich food.

Total cost _____
Cost per portion _____

1. Cook macaroni until tender in boiling salted water (3 quarts water with 2 tablespoons salt). Drain.
2. Add half the water to dried egg; beat until smooth. Add remaining water and beat well.
3. Heat the blended dry milk and water.
4. Finely grind separately the macaroni, green pepper, and cheese.
5. Mix together ground macaroni, green pepper, 5 pounds of the cheese, egg, onion, hot milk, salt, and parsley.
6. Pour into three greased baking pans (12 by 16 inches). Place pans in hot water. Bake in a slow oven (325°F.) about 1 hour.
7. Add remaining 3 pounds ground cheese to white sauce and serve on loaf.

*4-1/2 quarts fluid milk may be used instead of nonfat dry milk and water.

POTATO FONDUE

Main Dishes

100 portions	Ingredients	portions	Cost
24 pounds	Potatoes		
6-1/2 pounds	Cheese, finely grated or ground		
2-1/4 pounds (2-1/4 quarts)	Nonfat dry milk mixed with Water*		
2-1/4 gallons			
1-1/2 pounds (3 cups)	Fat		
12 ounces (3 cups)	Sifted flour		
4 ounces (1/2 cup)	Salt		
2 tablespoons	Dry mustard		
1-1/2 pounds (1-1/2 quarts firm-packed)	Dried whole egg mixed with Water		
7-1/2 cups			
3 cups	Fine dry crumbs mixed with fat		

Portion: 2/3 cup. Provides 2 ounces protein-rich food, 1/2 cup vegetable.

Total cost _____
Cost per portion _____

1. Boil or steam potatoes, peel, and cut into 1/2-inch cubes. Cool and mix with the cheese. Place in four greased pans (12 by 16 inches).
2. Heat the blended dry milk and water.
3. Make white sauce: Melt fat. Sift together flour, salt, and mustard. Blend with fat and add to hot milk. Cook, stirring constantly, until thickened.
4. Cool sauce and add egg.
5. Pour sauce over potatoes and cheese and blend evenly through the mixture. Top with crumbs.
6. Bake in a slow oven (325°F.) 1 hour.

*2-1/4 gallons fluid milk may be used instead of nonfat dry milk and water.

SCALLOPED GREEN BEANS AND EGGS

Main Dishes

100 portions	Ingredients	portions	Cost
2 No. 10 cans	Cut green beans*		
1/2 pound (2 cups)	Sifted flour		
2-2/3 table- spoons	Salt		
1-1/4 pounds (1-1/4 quarts)	Nonfat dry milk		
1 gallon	Bean liquid plus water		
1/2 pound (1 cup)	Fat		
3-1/2 pounds	Cheese,grated		
6 dozen	Hard-cooked eggs,sliced		
3 cups	Fine dry crumbs mixed with fat		

Portion: 1/2 cup. Provides
2 ounces protein-rich food,
1/4 cup vegetable.

Total cost _____
Cost per portion _____

1. Drain green beans.
2. Make sauce: Blend flour, salt, and dry milk, sprinkle over the liquid, and beat until smooth. Add fat and cook over boiling water until thickened, stirring constantly. Blend in cheese.
3. Combine green beans and sauce. Place half the mixture in two greased baking pans (12 by 16 inches) and cover with sliced eggs. Add remaining mixture. Top with crumbs.
4. Bake in a moderate oven (350°F.) 30 minutes.

*3 No. 10 cans of asparagus may be substituted.

SPANISH EGG AND NOODLES

Main Dishes

100 portions	Ingredients	portions	Cost
3 pounds	Noodles, dry		
1-1/2 pounds	Onions		
2 pounds	Green peppers		
1/2 pound (1 cup)	Fat		
3/4 pound (3 cups)	Sifted flour		
1/2 cup	Salt		
2-1/2 gallons	Canned or cooked tomatoes		
2-1/8 pounds (8-1/2 cups firm-packed)	Dried whole egg mixed with		
2-1/2 quarts	Water		
4 ounces (1 cup)	Nonfat dry milk mixed with		
1 quart	Water*		
4 pounds	Cheese, grated or ground		
3 cups	Fine crumbs, coated with table fat		

Portion: 3/4 cup. Provides
2 ounces protein-rich food,
about 1/2 cup vegetable.

Total cost _____
Cost per portion _____

1. Cook noodles until tender in boiling salted water (2 gallons water with 1/3 cup salt). Drain.
2. Finely chop or grind onions and peppers; cook in fat until tender. Add flour and 1/4 cup salt, blending well. Stir in tomatoes. Cook until thick.
3. Add 1-1/4 quarts water to dried egg and beat until smooth. Add remaining 1-1/4 quarts water, 1/4 cup salt, and the milk. Beat well. Scramble the egg mixture, using low heat, until thickened throughout but still moist. To avoid overcooking remove from pan at once.
4. Cut egg in small pieces. Add with noodles and cheese to the tomato sauce. Pour into three baking pans (12 by 16 inches); Top with crumbs.
5. Bake in moderate oven (350°F.) about 30 minutes.

*1 quart fluid milk may be used instead of dry milk and water.

KIDNEY BEAN SALAD

Salads

100 portions	Ingredients	portions	Cost
1-1/4 gallons	Kidney beans, cooked and drained		
1-1/4 pounds	Cheese, grated		
3 quarts	Finely chopped celery		
3 cups	Chopped pickles		
3 quarts	Finely chopped cabbage		
2 tablespoons	Finely chopped onion		
2 tablespoons	Salt		
1 quart	French dressing		
10 heads	Lettuce		
3 cups	Mayonnaise		

1. Combine all ingredients except lettuce and mayonnaise and toss together lightly.
2. Use a No. 12 scoop to measure portions.
3. Serve on lettuce leaf, topped with 1 teaspoon of mayonnaise.
4. Garnish with sprig of parsley or slice of hard-cooked egg.

Portion: 1/3 cup. Provides
1 ounce protein-rich food,
1/4 cup vegetable.

Total cost _____

Cost per portion _____

POTATO-CHEESE SALAD

Salads

100 portions	Ingredients	portions	Cost
1 1/4 pounds	Potatoes		
50	Hard-cooked eggs		
1-3/4 quarts (3 No. 2 cans)	Cooked green peas, drained		
1 cup	Finely chopped onion		
3 cups	Diced raw celery		
1-1/2 quarts	Diced raw carrot		
3 cups	Sliced green pepper		
3 tablespoons	Salt		
6-1/4 pounds	Cheese, coarsely grated or ground		
3 quarts	Salad dressing		
3 quarts	Shredded lettuce		

1. Boil or steam potatoes, peel, and dice.
2. Coarsely chop 40 of the eggs. Toss with vegetables, salt, cheese, and salad dressing. Chill about 1 hour.
3. Combine lettuce with mixture just before serving.
4. Slice remaining eggs and use as garnish.

Portion: 1 cup. Provides
2 ounces protein-rich food,
1/2 cup vegetable.

Total cost _____

Cost per portion _____

CHEESE BISCUIT

Breads

100 portions	Ingredients	—portions	Cost
3-1/2 pounds (3-1/2 quarts)	Sifted enriched flour		
3 ounces (1/2 cup)	Baking powder		
2 tablespoons	Salt		
1 pound (2 cups)	Fat		
1-1/4 pounds	Cheese,grated		
About 3-3/4 cups	Milk		

Portion: 1 2-inch biscuit.

Total cost _____

Cost per portion _____

1. Stir dry ingredients together and sift.
2. Rub or cut in fat and cheese.
3. Add enough milk to make a soft dough.
4. Turn out on a lightly floured board, divide in half, and knead lightly about 1 minute.
5. Roll dough to 1/2-inch thickness and cut with a floured 2-inch cutter or roll out in sheet and cut in 2-inch squares. Place on ungreased baking sheets.
6. Bake in a hot oven (425° F.) 15 to 20 minutes.

CHEESE ROLLS

Breads

100 portions	Ingredients	—portions	Cost
2 cups	Milk		
4 ounces (1/2 cup)	Fat		
5 ounces (3/4 cup)	Sugar		
2-1/3 table- spoons	Salt		
2 ounces (3-1/2 cakes-3/5 ounce each)	Compressed yeast*		
1-3/4 cups	Lukewarm water		
About 3 pounds (about 3 quarts)	Sifted enriched flour		
1 pound	Cheese finely grated		

Portion: 1 roll

Total cost _____

Yield: 100 1-ounce rolls.

Cost per portion _____

See directions page 10.

* 1 ounce or 4 small packages
of active dry yeast may be used.

CHEESE ROLLS-Hand mixed.

1. Scald milk and blend in fat. Add sugar and salt. Cool to lukewarm.
2. Add crumbled compressed or dry yeast to lukewarm water in an 8 to 10 quart mixing bowl. Stir after 10 minutes. Add milk mixture.
3. Mix in half of the flour; beat until smooth. Add remaining flour to form a soft dough. Blend in cheese. Knead on floured board until dough is smooth and elastic.
4. Form dough into a smooth ball. Place in a greased bowl and turn to grease top.
5. Cover and let rise in a warm place (about 85° F.) for 1 hour.
6. Cover and refrigerate overnight.
7. The next morning, cut dough into 4 equal portions. Form each portion into a ball, cover, and let rest on table top until soft enough to handle (about 1/2 hour).
8. Shape dough into 100 small rolls (1 ounce, or 1-1/4 inches in diameter). Place on lightly greased sheet pan (15 by 24 inches).
9. Let rise in a warm place (about 85° F.) until increased 2 to 2-1/2 times in volume (about 1 hour).
10. Bake 30 to 35 minutes in moderate oven (400° F.).

CHEESE ROLLS - Machine mixed.

1. Scald milk and blend in fat. Add sugar and salt. Cool to lukewarm.
2. Add crumbled compressed or dry yeast to lukewarm water in an 8 to 10 quart mixing bowl. Stir after 10 minutes. Add milk mixture.
3. Add flour, saving out 2 cups. Mix on low speed 10 to 15 minutes until dough is smooth and elastic. If after 2 minutes of mixing the dough is still sticky, add enough of the 2 cups of flour to form a soft dough. Blend in cheese the last minute of mixing.
4. Form dough into a smooth ball. Place in greased bowl and turn to grease top.
5. Cover and let rise in a warm place (about 85° F.) for 1 hour.
6. Cover and refrigerate overnight.
7. The next morning, cut dough into 4 equal portions. Form each portion into a ball, cover, and let rest on table top until soft enough to handle (about 1/2 hour).
8. Shape dough into 100 small rolls (1 ounce, or 1-1/4 inches in diameter). Place on lightly greased sheet pan (15 by 24 inches).
9. Let rise in a warm place (about 85° F.) until increased 2 to 2-1/2 times in volume (about 1 hour).
10. Bake 30 to 35 minutes in moderate oven (400° F.).

